



Active Minds Active Bodies



Inspiring Children and Youth to Read and Move!

Did You Know?

Research shows that children who are physically active are not only healthier, but perform better academically

In light of this research, the Halton Active Living Network has created a special project called Active Minds Active Bodies. The project's goal is to help children improve their reading skills and encourage children to include physical activity into their daily routine, building healthy habits that will last a lifetime.

Through this project, books with positive physical activity messages have been donated to Halton elementary school libraries with funding from Choices 4 Health.

Check out some of the newly donated books in your school library. Then, take the time to enjoy and participate in regular activity by planning it into your family life - your kids will love it!

Here are some ideas to get your whole family involved in staying active and having fun:

- **Play outside together:** Throw a Frisbee, ride bikes, hike, or play touch football
- **Limit screen time:** Limit the time your children sit in front of the computer, watch television or play video games. Health Canada recommends that children be active for 90 minutes a day
- **Read it then do it:** Encourage reading books that illustrate the wide range of sports, leisure and active living opportunities available in Halton. Try something new.
- **Minimize competition.** Emphasize the importance of having fun and learning a new skill
- **Schedule it:** Schedule a regular time throughout the week for physical activity
- **Take turns:** Give everyone a chance to pick an activity for the entire family to do as a group.
- **Be a positive role model:** Take the stairs instead of the elevator, go for a walk after dinner
- **Plan a weekly or monthly family fun night:** Go bowling, hit the driving range or take a swim

To find out more about Active Minds Active Bodies and to see a full list of books that promote physical activity and literacy, visit the choices 4 health web site at

www.choices4health.org/activemindsandactivebodies